

# IGNATIAN YOGA RETREAT

Movement

Reflection

Growth

May 19-21

Jesuit Spiritual Center - Milford, Ohio



Experience two deeply rooted traditions that have stood the test of time - the spirituality of St. Ignatius and the practices of yoga and meditation.

## Retreat will include:

- Background and core principles of Ignatian spirituality and Yoga
- Ignatian prayer: The Examen, Spiritual Exercises, Ignatian Discernment, Ignatian Contemplation
- Yoga practices: Breathing Meditation, Vinyasa Flow, Yoga Nidra, Yin Yoga
- Communal prayer, small group sharing, recharge and explore the beautiful surroundings.

Facilitators: Katie Glover, Alan Haras, Brian Shircliff, and Bobby Karle, SJ

Cost: \$235 (Includes accommodations for two nights and five meals)  
All levels welcome, from yoga-beginners to advanced practitioners!

**More Information:** [ignatianyoga@gmail.com](mailto:ignatianyoga@gmail.com)

**Registration:** [jesuitspiritualcenter.com](http://jesuitspiritualcenter.com)  
[reservations@jesuitspiritualcenter.com](mailto:reservations@jesuitspiritualcenter.com)